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Why there's no better time than right now to identify your core values, envision a future you truly want, and start taking the steps to get there.

Knit Yourself Calm A Creative

Care and repair is an invaluable mantra for your wardrobe, your mental health, your wallet and the planet, says Molly Martin ...

Mend your clothes and do yourself some good

Combatting these emotions can feel like a battle, but individuals and organisations are turning to creative solutions ... the pattern from the book, Knit Yourself Calm. A copy of the knitting ...

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